

**Pursuit of Happiness:**

**21 Things You Need to  
Do Alone that Will Make  
You Feel Happier**



[www.cajspirituality.com](http://www.cajspirituality.com)

- 1.) Meditate**
- 2.) Sit in the Sun**
- 3.) Go for a Walk**
- 4.) Read a Book**
- 5.) Journal Your Thoughts**
- 6.) Travel**
- 7.) Make a List of Your Goals**
- 8.) Give Thanks to the Universe**
- 9.) Watch a Movie**
- 10.) Write a Letter**
- 11.) Organize Your Room**
- 12.) Create Something**
- 13.) Do Something Nice for Someone**
- 14.) Make Yourself Dinner**
- 15.) Eat at a Restaurant Alone**
- 16.) Spend a Day at the Book Store**
- 17.) Make a Vision Board**
- 18.) Watch the Sunrise**
- 19.) Volunteer**
- 20.) Have a Picnic in the Park**
- 21.) Watch the Sunset**

